

# Pull

拍数: 32      墙数: 4      级数: Intermediate west coast swing  
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音乐: Hey ! (So What) - Dannii Minogue



## STEP/SLIDE, SLIDE, BEHIND-SIDE-RECOVER (SAILOR): REPEAT

- 1 Right step beside and behind left (in third foot position) and slide/drag left out to side left
- 2 Slide/drag left in and crossed behind right

**You have completed a two count sideways full circle with left**

- 3&4 Left crossed behind right, right step rock/step side right, left recover/step side left
- 5 Right step beside and behind left (in third foot position) and slide/drag left out to side left
- 6 Slide/drag left in and crossed behind right

**You have completed a two count sideways full circle with left**

- 7&8 Left crossed behind right, right step rock/step side right, left recover/step side left

**Arm action: on counts 1-2 and 5-6: throw both arms out to side left, at waist level; left arm ends straight out, palm facing forward; right arm bends across front of body at waist level, palm facing in**

## HEEL, HITCH, BEHIND-TURN-ACROSS, TOUCH, SLIDE, TRIPLE SIDE

- 1-2 Right heel diagonal right forward; right knee hitch
- 3 Right step crossed behind left
- & Execute  $\frac{1}{4}$  turn left with left step side (9:00)
- 4 Right step across front of left
- 5 Left touch side left and slightly diagonal forward
- 6 Left slide 'in' to touch beside right
- 7&8 Left triple side left (step side left, right together, step side left)

## TURN, PULL, TURN, HITCH, TRIPLE FORWARD, FORWARD, TURN

- 1 Execute  $\frac{1}{4}$  turn left with right rock/step back (6:00)
- Arms action: extend both arms forward, palms together**
- 2 Pull right arm along left arm and across chest, (right bends), palm faces in, (left arm remains held straight), weight remains on right
  - 3 Execute  $\frac{1}{2}$  turn right with left rock/step back; (12:00)
  - 4 Right knee hitch; right arm bends in towards chest, palm facing left
  - 5&6 Right locking triple forward (right forward, left forward and crossed behind right, right forward)
  - 7-8 Left step forward; execute  $\frac{1}{4}$  turn right with right step side right (3:00)

## ACROSS, TURN, TURN, TURN, HOLD, TURN, HOLD, & FORWARD, HOLD

- 1 Left step across front of right
- 2 Execute  $\frac{1}{4}$  turn left with right step back (12:00)
- & Execute  $\frac{1}{4}$  turn left with left step side (9:00)
- 3 Execute  $\frac{1}{4}$  turn left with right step forward (6:00)
- 4 Hold
- 5 Execute  $\frac{1}{4}$  turn right with left step back and crossed behind right (9:00)
- 6 Hold
- &7 Execute  $\frac{1}{2}$  turn right with right step forward; left step forward (3:00)
- 8 Hold

## REPEAT

## ENDING

**Execute count 25 with left step across front of right, facing 12:00 wall. Extend both arms & hit a pose**

